Headquarters Air Combat Command

Aviation Nutrition Briefing

National Nutrition Month
March 2004

HQ ACC/SGP
Langley AFB VA

This Briefing is:
UNCLASSIFIED

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- Knowing “when” to eat is as important as “what” to eat
  - Hot pit refuel: snack + water
  - 5+ hour sortie:
    - Water + snack/meal on board
    - Eat low-fiber meal w/in 2 hrs of T/O
- Avoid large meals or high sugar sna
  - Draws blood from brain to the gut;
    - Lowers blood glucose
    - Drops your IQ by a few points
    - Diminishes G tolerance

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- "Do"
  - Eat nutritious meals/snacks on a regular basis
  - Maintain good nourishment -- stay hydrated!
  - Read, learn what to eat for a solid nutrition foundation
  - Put meal/snack planning into your preflight checklist
  - Select "flight snacks" from healthy choices
- "Don't"
  - Skip meals (something is usually better than nothing)
  - Eat "candy bars and a Coke" if a better choice is available
  - Forget to plan time for good nutrition & daily exercise

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MARCH IS NATIONAL NUTRITION MONTH

- Make a commitment to improve your diet
- Eating smart is not that hard
- Your country will appreciate your effort
- Additional aviation nutrition guidance, briefings, snacko toolkit, and posters can be found at: www.brooks.af.mil/web/nutrition.htm

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QUESTIONS ??

- **Contact your Performance Enhancement Team (PET) for more info:**
  - **Name/Phone of HPTT**
  - **Name/Phone of Flight Surgeon**
  - **Name/Phone of Dietitian**
  - **Name/Phone of HAWC staff**